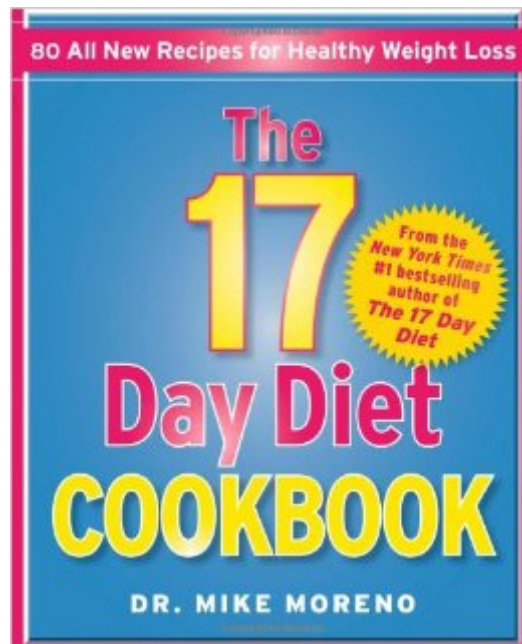


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# The 17 Day Diet Cookbook: 80 All New Recipes For Healthy Weight Loss



## Synopsis

Based on the New York Times bestselling book and revolutionary diet program that has swept the nation, a collection of easy, delicious, and healthy recipes that will help readers lose weight fast, and keep it off. The #1 bestselling 17 Day Diet offers a lifetime plan for shedding pounds fast in a safe and lasting way. Now, The 17 Day Diet Cookbook is here to help you meet your weight loss goals in a healthy and delicious way. Packed with brand-new recipes, The 17 Day Diet Cookbook offers an easy way to prepare healthy meals at home that will appeal to the whole family. Organized to help you follow the diet's 17-day cycles, the cookbook contains easy recipes for breakfasts, lunches, dinners, snacks, and desserts. Designed for the busy home cook, these nutritious and tasty dishes take about half an hour of active preparation and do not taste like diet food. You will be able to craft great meals that will satisfy everyone you're feeding while helping you reach your weight loss goals.

## Book Information

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## Customer Reviews

Had been so looking forward to getting this cookbook since I've grown tired of the 17-day diet recipes I've found online. But what a disappointment! I wanted recipes using chicken breasts or turkey or ground turkey since those are my primary protein sources on this diet. But there are very very few such recipes here. I think there's only 1 using ground turkey. Instead we get lots of fish, such as mussels. MUSSELS! Do lots of people eat mussels?? There are at least TWO recipes here using mussels! And many recipes call for ingredients that I've never heard of, like "bulgar." Dr.

Moreno, we need simple recipes using common food items easily found in any grocery store, and within our budgets (we aren't all earning physician-level incomes). And more chicken and turkey recipes - or even lean pork. I'm returning the book for a refund. Moreno's diet is good, his cookbook is lousy.

10 recipes found in the previously published 17 Day Diet book are included again in this book. I did count 92 recipes in this book (but really? popcorn toppings, kale chips, and green tea spiked applesauce!), so while the title is technically accurate, this eagerly anticipated cookbook is a disappointment. If you do not care for fish, (20 recipes) this is not the book for you. I was hoping for more turkey and chicken recipes. I probably will use a couple recipes in the book, but it wasn't what I hoped for. In the end...it still feels better to be lighter!

I had a chance to look through this book and it doesn't have many recipes if you are truly following the diet . . . or maybe it's because that's all there is to eat? At any rate, I've done pretty well so far coming up with my own recipes so I am not pressed to buy this book.

I have had good success on this diet, but find the menu selections can be quite boring over time. I was looking forward to new recipes but found only a couple that I would use. Definitely not worth the price, I have had much better success just searching for recipes that work for this diet on the web. I would not recommend this book.

If you are looking at the cookbook, you probably already have tried the diet. I lost 10 pounds on Cycle 1 and so far 3.5 on Cycle 2 with 16.5 more to go. Looking ahead, Cycle 4, the maintenance cycle, is something I can do the rest of my life. About the negative reviews...heh folks, are you discovering that healthy eating requires planning ahead and it takes time and money to grocery shop and cook meals? Well, switching out quick, cheap and mostly refined carbs and high-fat foods for proteins, fruits and veggies, and probiotics means food choices are going to look and taste different than what we are used to. These recipes are terrific (creative, good variety, flavorful, and delicious) and very helpful in learning how to eat properly. People have complained about insufficient number of chicken and turkey recipes. The index lists 12 such recipes and it would be easy enough to substitute chicken for seafood in some of those recipes. I could do without the sample menus but then again, when preparing the grocery shopping list, they provide good reminders of basic products and appropriate intake quantities and balance so that I can stick to the

diet during this time of learning and transition. The diet book provides a strong framework for healthy eating , but after I lose the weight and am getting bored eating the same old things, I will need some ideas and variety. This cookbook will help a great deal. The pictures make my mouth water. Looking forward to eating Turkey Picadillo Lettuce Wraps, Tilapia Baked in Packets, No-fuss Eggplant Parmesan, Berry Frozen Yogurt, Warm Curried Quinoa Salad, Pumpkin Polenta, etc. etc. My husband may lose some weight or at least feel more energetic. Your health and this cookbook are worth the investment.

This is the official recipe book from Dr. Mike Moreno, author of the 17 day diet. The recipes are clear and easy to follow, and the book has about a dozen pages of very nice color photographs of the prepared dishes. The book begins with a brief "refresher" overview of the 17-day diet, including an explanation of the four cycles of the diet (Accelerate, Activate, Achieve and Arrive). This introductory information is very concise, but you could probably get away with just reading this book if you are new to the 17-day diet. There are about 92 recipes divided into the first 3 cycles of the 17-day diet. (There are no recipes for the "Arrive" stage). The recipes are further sub-divided into Breakfast, Lunch, Dinner and Snacks, Sides and Desserts. Also included are detailed meal plans for each cycle, so you are given an exact plan for all 3 meals for 17 days of each diet cycle (51 days total). This might be useful if you really want an exact daily plan to follow. This is a great resource for anyone who wants to try the 17-day diet. It's important to remember that the real key to the diet is cycle 1 (Accelerate) which cuts out nearly all carbs and emphasizes protein. I think it might be a good idea to experiment with extending that phase a bit beyond 17 days in order to maximize weight loss. The idea is to cycle in order to reset your metabolism, but you may be able to stick to the weight loss cycle for a bit longer and get better results. If time/energy to prepare food daily is a problem for you, I'd also recommend The Protein Express Diet: Rapid Weight Loss with a Simplified Dukan/Atkins-Style Low Carb, High Protein Diet which has "fast food" meals that will fit into any of the 3 cycles but work especially well for Cycle 1 (weight loss phase).

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